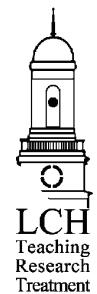


Larue D. Carter Memorial Hospital

The Carter Insider



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Gas Prices Call for a Change

Fact: gas prices are downright ugly. But we can all take action to help stretch our miles per gallon.

- **Slow down!** Gas tanks drain more rapidly at speeds above 60 miles per hour (mph). As a general rule, it costs an additional 20 cents per gallon for every five mph over 60 mph. So, driving at slower speeds can save you money.
- **Avoid jack rabbit starts.** The more rapid the acceleration, the more gas you use.
- **Avoid unnecessary idling.** Go inside the restaurant or the bank instead of using drive-up windows.
- **Use cruise control** whenever possible.
- **Remove extra weight** from your vehicle and

don't pack items on top of it. Extra weight and extra air resistance both cut fuel efficiency.

- **Use "energy conserving" oil** that contains friction-reducing additives.
- **Keep your engine well-maintained.** A tuned engine can increase gas mileage by four percent.
- **Make sure your tires are properly inflated and aligned.** You can increase your gas mileage by three percent.

- **Check and replace air filters regularly.** This could increase mileage by 10 percent.
- **Use the octane level needed for your vehicle.** Generally speaking, unless your engine is knocking, use regular level octane.
- **Carpool.** For more information, visit www.centralincommuter.net.

By incorporating these suggestions, you can save on fuel costs and reduce the wear and tear on your vehicle. For more information on energy consumption, check out the Indiana Office of Energy and Defense Development's website at www.in.gov/energy. From there, you can also be directed to the Federal Trade Commission's website, which offers even more cost-saving suggestions.



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Pharmacies Expand Low-cost Prescriptions Programs

Central Indiana Kroger, Wal-Mart, and Sam's Club pharmacies now offer **90-day generic prescriptions for \$10**. In addition, these pharmacies are adding more prescriptions to their \$4 generic programs. Just a few of the new drugs to be offered are Pravastatin (cholesterol-lowering drug), Tamoxifen (treatment for breast

cancer), and Alendronate (generic Fosamax). Last fall, Kroger, Wal-Mart, Sam's Club, and Target introduced their \$4 programs for a 30-day supply of more than 300 generic drugs. And Meijer offers free generic antibiotics for children.

The list of drugs eligible for the

\$4 Prescriptions Programs available at Wal-Mart and Sam's Club pharmacies can be found at www.walmart.com/pharmacy. Information on the Kroger program is available at www.kroger.com/generic. And Target pharmacies offer information at www.target.com/pharmacy.

2009 National Patient Safety Goals Announced



On June 17, the Joint Commission announced its 2009 National Patient Safety Goals and related requirements for each of its accreditation programs.

Major changes for 2009 include three new hospital and critical access hospital requirements related to preventing deadly health care-associated infections due to multiple drug-resistant organisms. These new infection-related requirements have a one-year phase-in period that includes defined milestones, with full implemen-

tation expected by January 1, 2010.

Other new requirements for several programs focus on engaging patients regarding infection control and the patient identification process.

The goals include improvements in the numbering system and minor language changes for consistency. The new numbering format was designed to enable electronic sorting and to accommodate the addition of new requirements. Under the new numbering system, each

requirement is assigned a six-digit number that designates its place in the manual's chapter.

The 2009 National Patient Safety Goals are:

- Improve the accuracy of patient identification.
- Improve the effectiveness of communication among caregivers.
- Improve the safety of using medications.

(continued on page 3)

Building Your Retirement

"How much you earn in retirement has less to do with your salary and more to do with your saving habits."

Have you ever dreamed of becoming a millionaire?

With prudent financial planning, this goal can be attainable for almost anyone, regardless of your current income.

How much you earn in retirement has less to do with your salary and more to do with your saving habits. Contributing as much as possible to retirement savings options like your Public Employees' Retirement Fund (PERF) Annuity

Savings Account (ASA) can help you secure a comfortable retirement income.

In addition to the three percent automatically contributed to an employee's account, State employees may contribute up to an additional ten percent of their gross annual income to their ASA.

Sacrificing a few fast food meals or movie tickets and placing that money in retirement sav-

ings can make a big difference by harnessing the power of compound interest. And, if you have your extra ASA contribution deducted directly from your paycheck, you never have the opportunity to spend it on that fast food lunch or a night at the movies.

For questions regarding your ASA options or other PERF-related questions, contact PERF at **1-888-526-1687** or www.perf.in.gov.

LCH Potpourri



July's Employee of the Month is **Joan Hopkins**. Joan, a Psychiatric Services Specialist, was highly recommended for her work as a "wise patient advocate." Congratulations!

LCH welcomes: **Gerald Davis** (Maintenance Supervisor), **Keidra Hedrick** (Attendant), **Wendy Howe** (Security Officer), and **Marni Pigg** (Nurse).

LCH welcomes back: **Robert Chapman** (Painter) and **Vera**

Radford (Charge Nurse). We're glad to have you back with us!

We say farewell to: **Mary Chambers** (Attendant), **Deborah Hamblin** (Account Clerk), **Monique Harbin** (Attendant), **Jeff Hardwick** (Maintenance Repairperson), and **Kelly Kessler** (Dietician).

Congratulations to **Justin Clampitt** on his promotion to Rehabilitation Therapy Assistant!



Christina Medaris
June's Employee of the Month

New Study to Explore Consumer Use of Information

A new study by the **Joint Commission** is aimed at trying to find new ways to help consumers to better understand health care quality data and to use this information to make informed health care decisions.

This 18-month study is designed to identify broad principles and guidelines for the presentation of electronic hospital quality information and explore ways in which consumer understanding of the information facilitates health care decisions. Results will be

shared with public and private organizations that provide hospital quality information electronically.

The goal of this project is to find solutions to bridge the gap between raw data and useful, understandable, and actionable information.

A 2006 study by the Henry J. Kaiser Family Foundation found that the vast majority of Americans (90 percent) had not seen comparative information on hospital quality within the past year. Of those who had seen

such information, less than half had used the information to make a health care decision.

A panel of experts in the areas of consumer use of quality information, adult learning, and health media will provide guidance throughout the new Joint Commission study.

For more information about the study, contact **Nancy Kupka**, project director, Division of Quality Measurement and Research, at nkupka@jointcommission.org or **630-792-5947**.



Indiana and Enterprise Team Up for Car Rental Savings

State of Indiana employees can take advantage of Indiana's state contract with Enterprise Rent-A-Car!

When you need a rental vehicle, you can enjoy special pricing and take advantage of the special Rental Service Center for bookings online or offline. Special personal use rates apply on every rental in Indiana, and a 10% discount applies to airport retail rates outside of Indiana. When you rent locally, Enterprise provides a pick-up service.

Save time by enrolling in the Enterprise Plus program on www.enterprise.com.

Time-saving options include a customized reservation e-Link and online receipts for after-hour drop-offs.

You can reserve a vehicle by:

- Using discount rental code 08S3001
- Calling the local Enterprise Branch directly
- Calling Enterprise's na-

tional reservation center at 800-593-0505.

- Reserving online at www.enterprise.com. (Make sure you input the discount rental code in the "optional corporate account section," then input STA for the PIN number.)

If you have any questions, contact Catherine Fluke at Enterprise Rent-A-Car at 317-848-2210, x287 or catherine.a.fluke@erac.com.



2009 National Patient Safety Goals continued from page 2

- Reduce the risk of health care associated infections.
- Accurately and completely reconcile medications across the continuum of care.
- Encourage patients' active involvement in their own care as a patient safety strategy.
- The organization identifies safety risks inherent in its

patient population.

The annual review and modification of the National Patient Safety Goals is overseen by the Sentinel Event Advisory Group, a panel that includes recognized patient safety experts, nurses, physicians, pharmacists, risk managers and other professionals who have hands-on experience in addressing patient safety issues. Each year, this panel works with the Joint Commission to undertake a

systematic review of the literature and available databases to identify new goals and requirements. Compliance with the requirements is a condition of continuing accreditation for Joint Commission-accredited organizations.

To read more about the 2009 National Patient Safety Goals or other important issues, visit the Joint Commission's website: www.jointcommission.org.

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**INDIANA FAMILY
AND SOCIAL
SERVICES
ADMINISTRATION /
MENTAL HEALTH
AND ADDICTION**

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- Teaching
- Research
- Treatment

The Carter Insider
Editor: Deb Doty
This Month's Contributors:
LaTanya Davis, Katie Johnson,
Paula McAfee, Kathy Scott

July 2008

Our Vision

Our vision is to serve the citizens of Indiana as a center of excellence in mental health.

Our Mission

Our mission is to provide specialized treatment, education, and research in the field of mental health.

Quote of the Month:

"In relationships, the little things are the big things."

Steven Covey



Free Summer Fun

Curious George's Dinosaur Discovery

Dates: July 22-27; August 1-3 & 5-10

Time: 1 pm & 3 pm

Place: Lilly Theater at the Children's Museum

Info: 334-3322

IBE Summer Celebration Music Heritage

Festival Concert

Date: July 20

Time: 6 pm

Place: American Legion Mall

Info: 925-2702

Family Arts Series: Dance Kaleidoscope

Date: July 26

Time: Time: 6 pm & 8 pm

Place: White River State Park

Info: 233-2434

Midsummer Glam Jam

Date: July 19

Time: 1 pm to 10 pm

Place: Jackson Place Garden

Info: 918-4224

Summer Showtime: Nancy Drew

Date: July 19

Time: 1 pm

Place: Indianapolis-Marion County
Library

Info: 275-4100

Movies in the Park

Dates: August 1, 15, 22 & 29

Time: Dusk

Place: Indiana Historical Society

Info: 232-1882

**Family Arts Series: Asante Children's
Theatre**

Date: August 23

Time: 2:30 pm

Place: White River State Park

Info: 233-2434

